

Gluten-Free Breakfast Bar

| Ingredients | % |
|---|--------|
| Expandex [®] Modified Tapioca Starch | 8.00 |
| Sorghum Flour | 6.00 |
| Ground Flaxseed | 2.90 |
| Almond Meal Flour | 9.10 |
| Xanthan Gum | 0.30 |
| Baking Soda | 0.60 |
| Salt | 0.20 |
| Butter or Margarine | 14.50 |
| Light Brown Sugar (Packed) | 17.20 |
| Granulated Sugar | 5.50 |
| Eggs, Large | 12.60 |
| Almond Extract | 0.40 |
| Quinoa Flakes | 8.90 |
| Dried Cranberries | 13.80 |
| | 100.00 |



Gluten-Free* Breakfast Bar

Procedure

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly coat an 11"x 7" baking pan with vegetable spray.
3. In a separate bowl, mix dry ingredients (except Quinoa flakes and dried cranberries) together and set aside.
4. In a mixing bowl, cream shortening and sugars together on low speed.
5. To the shortening mixture, add almond extract and eggs. Mix until well blended on low speed.
6. Add dry ingredients to wet ingredients in 3 equal portions. Mix well after each addition (approximately 20 seconds on low speed). Stop and scrape mixer and bowl, if necessary. After the last addition, mix for 1 minute on low speed.
7. Stir in Quinoa flakes and dried cranberries.
8. Spread evenly in prepared baking pan, lightly brush beaten egg across surface and bake for 20-25 minutes or until it tests clean with a toothpick.

For a muffin variation, replace baking soda with baking powder. Lightly coat muffin tin. Fill each muffin cup 2/3 full. Bake as directed for bars.

* Does not contain gluten from wheat, oats, rye or barley.

